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ANARCHY IN THE ARCTIC?

PROBABLY NOT IN THE NEAR FUTURE. BUT AS THE POLAR ICE MELTS, IT'S UNLOCKING TRADE ROUTES, OIL AND POTENTIAL CONFLICT PAGE 6

PATS' CHANCE TO BOUNCE BACK

Regina Pats fans, from left, Cory Mitchell, Tierrah Mitchell, Shyla Mitchell, Justin Hall and Dean Bailes cheer on the Blue and White on Sunday night at the Brandt Centre. They were trying to push the local WHL team to a playoff win over the Brandon Wheat Kings following Brandon's win in Game 1 of the best-of-seven opening-round series on Saturday. More coverage, page 14. MARCO VIGLIOTTI/METRO

Body found in house after fire on Wascana St.

North Central. The gender and identity of the remains have yet to be determined: Police spokeswoman

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Police in Regina are investigating after discovering a body in a charred house in the North Central area following a blaze early Sunday.

Firefighters were dispatched to the house on the 1400 block of Wascana Street to battle the blaze at about 6:20 a.m., police spokeswoman Elizabeth Popowich told reporters later in the day.

"In the course of their work, firefighters discovered a deceased person in this house — at about 6:54 a.m. — and called police," Popowich said.

"We are now not only doing a fire investigation in conjunction with the provincial fire commissioner's office, but also a death investigation in conjunction with the office of the chief coroner."

Investigators had so far been unable to identify the severely burned body.

"The confirmation of the identity has not been made.... That includes the gender of the deceased," she noted.

The structure of the house, Popowich said, has been deemed unsafe.

To permit investigators to enter the bungalow, she speculated, crews will use a bracing technique to "render it safe" for officers.

Police are continuing to cordon off the scene pending further investigation.

A man was taken into police custody in handcuffs at the scene of the fire later in the morning. Police, however, said the arrest was not connected to the death or fire investigations.

Popowich said that as part of the probe, officers were speaking with neighbours when they encountered a "visibly intoxicated" and "belligerent" man.

The man was taken into custody. Once it was determined that he was staying nearby, officers released him without a charge.

Nearly 2 dozen missing after U.S. mudslide, authorities say

Several have been killed in Washington state tragedy

PAGE 5

New signs of possible flight debris

France has provided latest satellite data showing potential remains from Malaysia Airlines jet

PAGE 3

NEWS 1

Police use Taser on teen during arrest

A Regina police officer used a Taser in the arrest of an 18-year-old man on Saturday in connection with the robbery of a taxi driver in the city's northwest that morning.

"In the course of that arrest, the officers used a conducted energy weapon (CEW)," police spokeswoman Elizabeth Popowich confirmed on Sunday.

"A use-of-force report is (to be) done (and) it's reviewed," she said.

All uses of force by officers are reported to the Saskatchewan Police Commission.

The suspect, along with three other teenage males, was wanted in connection with the robbery and pepper-spraying of a cab driver near the intersection of Pasqua Street North and Halleran Crescent.

Police said a bystander attempting to photograph the incident was also pepper-sprayed by the suspects. Another man was punched in the face by the suspects as they attempted to flee the area.

"We have charged three people, though there were four initially arrested," Popowich said. "Three of them were 18-year-olds and one of them (is a) 17-year-old."

Police used the Taser on one of the suspects at a house in the city's northwest. The man sustained no injuries and was evaluated by paramedics.

The three other suspects were arrested earlier near the scene of the crime.

Front-line officers of the Regina Police Service were equipped with Tasers this month after undergoing a revamped training program. The move followed the Saskatchewan Police Commission's decision to scrap a moratorium on use of CEWs.

MARCO VIGLIOTTI/METRO

A celebration to Spring Free from racial discrimination

Cultural diversity. Regina multicultural party into its 15th edition

ROSS ROMANIUK
ross.romaniuk@metronews.ca

It's like Regina's Mosaic cultural celebration, but under one roof on only one day a year. And those who attend say it's a party like no other.

The 15th annual Spring Free From Racism event drew several thousand people to the Italian Club on Sunday from about noon to 7 p.m., to take part in a sort of festival of nations, along with more than 45 musical acts and a lot of food.

"It's non-stop cultural entertainment for that many hours," Barb Dedi, chairwoman of the event, told Metro.

Despite the celebration being held to approximately coincide with the annual International Day for the Elimination of Racial Discrimination, Dedi stressed that it's aimed at steering away from discussions about racism.

"I want to celebrate our cultural diversity. That's why we have this," she explained, noting that she's often asked what she wants done about racial discrimination.

"What we can do is hold events like this, where we all get together and have a good time."

Those having fun in the crowded hall on Connaught Street at 13th Avenue included Joe Morkan, a member of the Regina Irish Set Dancers — a group performing at the Spring Free event for the first time.

"We'd love to come back," Morkan said, noting the hundreds in the crowd.

"You dance better when there are a lot of people watching you. And we enjoy it more."

Filipino, Chinese, Ukrainian, First Nations, Hungarian and Indian troupes, among many others, also took the stage while cultural displays occupied another side of the facility.

Joan Baliko brought her four-year-old granddaughter, and said her family members attend "because we enjoy this so much."

A fundraiser for the Spring Free event will be held on April 25. Information is available at sffr.ca.

Barb Dedi, seen in front of the Regina Irish Set Dancers, says the Spring Free From Racism event is more about celebration than anything else. Inset, young members of the Natya Sudha Dance Group perform. ROSS ROMANIUK/METRO

Investment mission

Carbon-capture technology promoted in China

Saskatchewan's economy minister will promote the province's Boundary Dam Carbon Capture and Storage (CCS) project in China during an investment mission.

Bill Boyd will discuss the CCS technology with China's resource sector leaders during the National Development and Reform Commission's annual conference.

"China has a considerable interest in our province's oil and gas sector as well as ... our CCS technology and our enhanced oil recovery methods," Boyd said.

SaskPower's Boundary Dam Project is the world's first and largest CCS project. Located near Estevan, its launch is expected late this year.

The minister also plans to discuss investment opportunities in Saskatchewan with companies from Beijing in Singapore.

Boyd's investment mission will end on April 4.

SARAH TAGUIAM/METRO

Federal support

Province reaches job grant deal

The government of Saskatchewan has struck a deal with Ottawa to pave the way for the implementation of the Canada Jobs Grant program.

Federal Employment and Social Development Minister Jason Kenney and Bill Boyd, the province's minister of the economy, signed a memorandum of understanding on Friday for the program, which is aimed at aligning job-seekers with in-demand skills.

"One of the most important challenges Saskatchewan faces in maintaining its economic momentum is ... ensuring that it has enough qualified workers," Boyd said. MARCO VIGLIOTTI/METRO

Data shows possible flight debris in same search zone

Malaysia Airlines.
French images show 'potential objects' in area previously flagged by Australia, China

Cyclists hold a banner as they take a moment of silence during the Ride of Prayer for the missing Malaysia Airlines flight MH370 at Kuala Lumpur International Airport in Sepang, Malaysia, Sunday. JOSHUA PAUL/THE ASSOCIATED PRESS

France provided new satellite data Sunday showing possible debris from the missing Malaysia Airlines jet, as searchers combing a remote part of the southern Indian Ocean tried without success to locate a pallet that could be a key clue in solving one of the world's biggest aviation mysteries.

The new information given to Malaysia's government and forwarded to searchers in Australia shows "potential objects" in the same part of the ocean where satellite images previously released by Australia and China showed objects that could be debris from the plane, Malaysia's Ministry of Transport said in a statement without providing further details.

Flight 370 went missing over the Gulf of Thailand on March 8 with 239 people aboard en route from Kuala Lumpur, Malaysia, to Beijing, setting off a multinational search effort that has turned up nothing conclusive so far on what happened to the jet.

Sunday's search was frustrating because "there was cloud down to the surface and at times we were completely enclosed by cloud," Royal Australian Air Force Flight Lt. Russell Adams told reporters. He said nothing of interest to searchers was found.

THE ASSOCIATED PRESS

Pallet problem

Information about the new data emerged as authorities co-ordinating the search sent planes and a ship to try to "re-find" a wooden pallet that appeared to be surrounded by straps of varying lengths and colours.

- It was spotted Saturday by spotters in a search plane, but no images were captured of it and a military plane dispatched to locate the pallet could not find it.

Ukraine

President calls for release of 'abducted' commander

A Ukrainian air force commander is being held after his base in Crimea was stormed by pro-Russian forces, and the acting president called for his release Sunday.

Col. Yuliy Mamchur is the commander of the Belbek Air Force base near Sevastopol, which was taken over Saturday by forces who sent armoured personnel carriers smashing through the base's walls and fired shots and stun grenades. One Ukrainian serviceman was reported wounded in the clash.

It was unclear if the forces, who didn't bear insignia, were Russian military or local pro-Russia militia.

Ukraine President Oleksandr Turchynov, in a statement, said Mamchur was "abducted" by the forces. He didn't specify where Mamchur is believed to be held. THE ASSOCIATED PRESS

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Parti Québécois Leader Pauline Marois visits Sainte-Angèle-de-Prémont, Que., on Day 19 of the Quebec provincial election campaign on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

PQ: 'We don't want this election stolen by people from Ontario'

Provincial politics. Party's concerns have arisen after reports of non-francophones from outside Quebec trying to vote on April 7

The Parti Québécois says it's worried students from Ontario and the rest of Canada are trying to steal the provincial election.

The PQ called a news conference on Sunday morning in order to express concern about media reports of English-speakers and other non-francophones from outside of the province trying to vote in the April 7 election.

PQ candidate Bertrand St-Arnaud wants the province's chief electoral officer to closely examine attempts to register to vote.

"We don't want this election stolen by people from Ontario and the rest of Canada," St-Arnaud said.

Another PQ candidate, former student leader Leo Bureau-Blouin, added he wants to ensure the election is decided by Quebecers.

"We want to make sure that it's Quebecers who choose their government and we want to make sure that the chief electoral officer takes the measures that are needed," he said.

"We are concerned by the fact that many, many people who are not registered on the list want to be registered."

St-Arnaud said he found a report in Sunday's Journal de Montreal particularly troubling. It described an attempt by "hundreds of Ontario students" to vote against the Parti Québécois' leader Pauline Marois.

Quebec's chief electoral officer issued a statement on Saturday clarifying the rules.

Spokesman Denis Dion said voters must be Canadian citizens and have lived in Quebec for six months, and have the intention of making Quebec their home.

He said officials also take into account other evidence, such as proof of a bank account in a Quebec institution, a Quebec health insurance card or driver's licence, or a Quebec income tax return.

THE CANADIAN PRESS

Voter-registration concerns

The PQ's comments come after the head of an electoral office for a Montreal riding resigned over concerns about the registration process.

- Mathieu Vandal told Montreal's Le Devoir newspaper there had been an increase in the number of non-francophones trying to register and he wasn't confident voters were being properly screened.
- Some students have complained they were turned away even though they believed they had the necessary documentation.

Criminologist to track trolls with language

It's the crime of the future, but it's not against the law — yet.

Sometimes it seems like trolls are everywhere online, using bullying or shock tactics to try to get a reaction from people. But one criminologist thinks he can help stop them, and his plan is a global first.

Western University's Mike Arntfield has gained federal funding to study the trolls' language. He has research assistants collecting text samples from social media, with the eventual aim of drawing up a "lexicon" of the way trolls talk.

And, just like criminal profiling allows experts to predict the behaviour of killers and other violent offenders, that lexicon could provide signposts that show when trolls are about to do something more sinister.

Criminologist Mike Arntfield METRO

"I'm surprised to some extent that I'm the first scholar to study this using (social media posts)," said Arntfield, who is also studying the relationship between online bullies and their victims. The reaction from victims can be a variable in how a bully behaves.

"It's all uncharted territory in studying cyberbullying," said Arntfield, who also leads the OWN TV show To Catch a Killer.

He says "lexical choices" could be tracked, then used as "linguistic clues" in predicting how a person behaves in the future.

There may even be similarities between trolls who are otherwise from different age groups or places; Arntfield says it's possible there is an "online bullying creole" of recurring words in posts and screen names that can flag a troll.

But why study this, if it's not against the law? Because one day it might be, Arntfield explained. He predicted a time when legislation is drawn up to criminalize online bullying, which has already driven some people to suicide, and to do that it needs to be defined.

MIKE DONACHIE/METRO IN LONDON, ONT.

Four Paws for the cause

This photo, taken on March 12 and released by the animal-welfare organization Four Paws, shows manager of the bear sanctuary Afrim Mahmuti holding a six-week-old brown bear cub named Ema. The sanctuary is located in the Kosovo village of Mramor, where animal activists say three cubs have been rescued from captivity. They were found at two separate homes last week in the western town of Peja and are believed to be from the same mother. No arrests have been made. FOUR PAWS/THE ASSOCIATED PRESS

Lotto lull

Agencies want the lottery to go viral

Millennials aren't buying lottery tickets as much as their parents do, so provincial lottery agencies are trying to develop a new national lottery aimed at people under 35.

A spokeswoman for the Western Canada Lottery Corp. said "the kinds of games we're offering … are not necessarily as appealing to today's younger adults."

THE CANADIAN PRESS

The Holy 'C'

Cocaine seized on its way to Vatican

The haul was unremarkable, but the destination raised eyebrows, as German officials intercepted a shipment of cocaine destined for the Vatican in January.

Officers at Leipzig airport found 340 grams packed into condoms inside a shipment of cushions coming from South America. THE ASSOCIATED PRESS

Russia. Avalanche kills two women skiing at site used for Sochi Games

An avalanche killed two skiers on Sunday at the Russian mountain resort used for the Sochi Olympics. The resort had just reopened to the public on Saturday.

Six skiers were on the middle section of Labirint run when the avalanche struck, Roza Khutor said in a statement. The snow buried two women, and rescuers who dug them out were unable to save them, it said, while the four other skiers escaped unharmed. Rossiya television reported earlier that three people were killed. Officials were working to determine the cause. THE ASSOCIATED PRESS

Newly opened to public

Roza Khutor was the site of the alpine skiing competitions during the Winter Games in February and the Paralympics that followed. The resort reopened to the public on Saturday.

Turkey

Getting tough with Twitter

Turkish Prime Minister Recep Tayyip Erdogan has confirmed that he gave the orders to shut down Twitter in Turkey.

At a campaign event in Istanbul Sunday ahead of March 30 municipal elections, Erdogan said he had given the order because Twitter was not obeying Turkey's laws. Erdogan said Twitter was applying double standards, shutting down accounts when the U.S. or the U.K. demand it, but defending freedom when Turkey, Ukraine or Egypt have concerns. "This isn't a banana republic!" he said. THE ASSOCIATED PRESS

Many unaccounted for in deadly U.S. mudslide

Washington state. At least four are dead, another 18 missing in massive mudslide; debris brought down the Stillaguamish River

A fatal mudslide brought debris down the Stillaguamish River near Oso, Wash., Saturday. GENNA MARTIN/THE ASSOCIATED PRESS

About 18 people are still unaccounted for after a massive mudslide in rural northwest Washington state killed at least four people and forced evacuations because of fears of flooding, authorities said Sunday.

Snohomish County Fire District 21 Chief Travis Hots said at a news briefing that "we suspect that people are out there, but it's far too dangerous to get responders out there on that mudflow."

Searchers in helicopters will be flying over the area of the 2.6-square-kilometre mudslide Sunday to find people who may have been able to get out on their own, as well as look for other signs of life. Authorities are trying to determine how to get responders on the ground safely, Hots said, describing mudflow as "like quicksand."

The big wall of mud and debris blocked about 1.6 kilometres of State Route 530 near the town of Oso, about 90 kilometres north of Seattle. It was reported about 18 metres deep in some areas. Several, including an infant, were critically injured; about 30 houses were destroyed. The mud was so deep searchers turned back at one point, despite hearing voices asking for help. THE ASSOCIATED PRESS

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The Far North turf war

Five countries lay claim to territory around the North Pole. Some of those claims conflict, while other countries, like China, want the Arctic to be deemed an international zone. So far, the Arctic has remained peaceful, but as countries scramble for resources, how long will that peace last?

DYLAN C. ROBERTSON
For Metro in Toronto

As polar ice melts away, rising temperatures are unlocking oil, trade routes and the potential for conflict in the Far North.

"It's the opening chapter of what's going to amount to be a very long story, and people are playing nice and working together — for now," says Robert Huebert, a University of Calgary professor and expert in circumpolar relations and defence policy.

Five countries claim territory around the North Pole: Canada, Russia, the United States (through Alaska), Norway and Denmark (through Greenland). Some claims conflict, while other countries like China want the Arctic to be deemed an international zone.

Polar ice has been steadily decreasing as high temperatures lead to longer summer melts. The U.S. Navy published a study last December suggesting summers in the Arctic could be ice-free as early as 2016, with regular shipping routes expected by 2030.

Meanwhile, 13 per cent of the world's undiscovered oil and a third of its untapped natural gas lies in the Arctic, according to the U.S. Geological Survey.

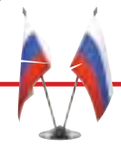
That leaves countries scrambling for resources and trade routes. Canada recently asserted a claim over the North Pole, following Russia and Denmark. The Arctic has remained peaceful, with each state respecting United Nations rules on international waters.

But co-operation broke down this month. Canada, the U.S. and Norway cancelled joint military operations with Russia following the country's invasion of Ukraine.

"This is going to cause a pushback on the side of the Russians, in the Arctic region specifically," Huebert says. "It contains two of the most powerful states in the international system that are increasingly having different interests."

Huebert noted that Russia's involvement in Crimea was partially a response to the Western military alliance NATO seeking closer ties with Ukraine. All other Arctic countries are NATO members. Huebert says further NATO expansion could lead to a Russian pushback, and Canada is not well equipped.

"As the Arctic is more and more integrated, you're going to see other events spilling into it."



Canada

Canada has a small Arctic military presence, with a training centre opened last year that only holds 150 soldiers. A Nunavut military base was announced in 2007, but construction has yet to start. "Canada's very good at plans, but not so much at execution," says Huebert.

The UN has led a decade-long process for countries to extend their borders over parts of the frozen Arctic if they can prove that seabed ridges extend from their mainland.

Last December, Canada was about to submit its claim when Prime Minister Stephen Harper asked researchers to include the North Pole. Experts aren't sure why the original claim didn't include the pole, which lies near a large oil patch.

The next day, Russian President Vladimir Putin announced his country would expand its already large military presence.

Michael Byers, an Arctic expert and professor at the University of British Columbia, says Canadians have little to worry about.

"There is no immediate reason for concern, and no reason to change Canadian Arctic policy — which focuses heavily on co-operation."

Russia

Russia has claimed a large portion of the Arctic, including the North Pole. The government expects the Arctic to be Russia's primary resource base by 2020.

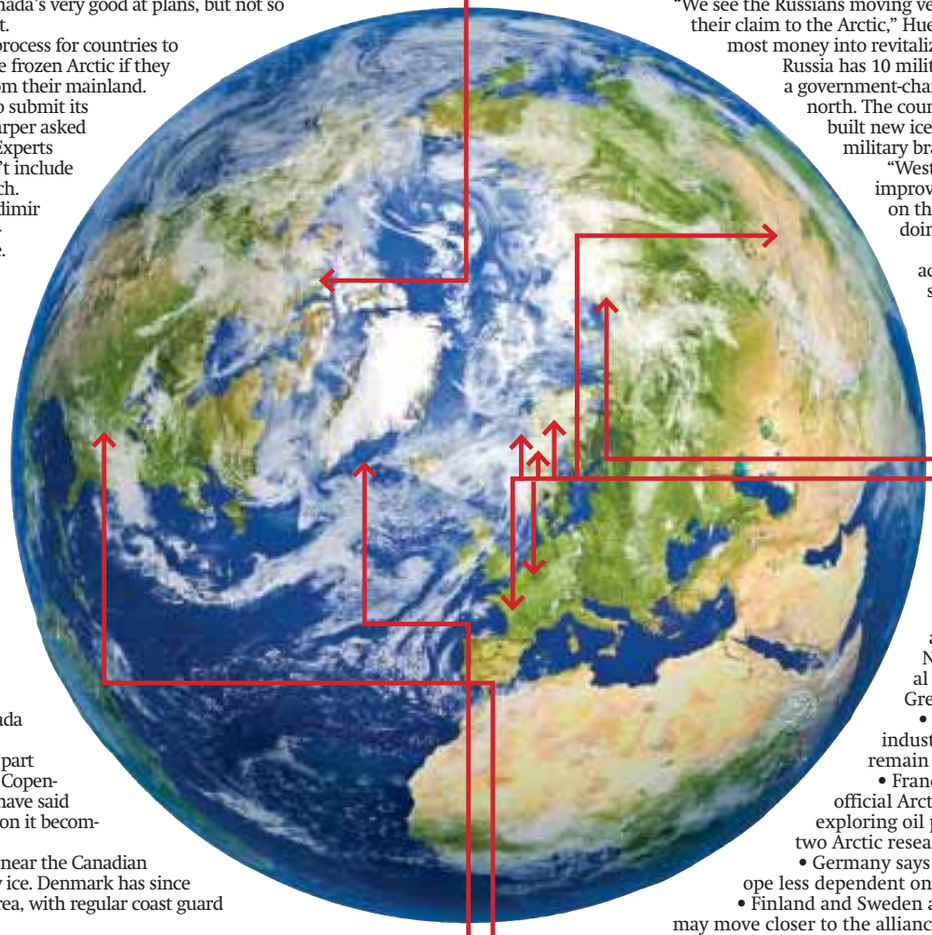
"We see the Russians moving very strongly on supporting and increasing their claim to the Arctic," Huebert says. "They're the ones who put the most money into revitalizing their military capabilities."

Russia has 10 military bases along the Northern Sea Route, a government-charted trade route spanning Russia's entire north. The country has modernized its submarine fleets, built new icebreakers and is considering a separate military branch solely for protecting the Arctic.

"Western countries are doing something to improve their military capabilities, but it's not on the same scale as what the Russians are doing," he says.

Huebert says that Russia will probably act belligerently toward other countries, such as by flying planes into other countries' airspaces, but would likely not invade other countries.

"You won't see direct military action per se, unless something really goes bad somewhere else," he says.



Denmark

Denmark is claiming an area that includes the North Pole. It also claims islands that Canada has previously claimed.

In 2005, Denmark occupied Hans Island, an unpopulated island on the border of both countries. Most analysts interpret this as a test of how well Canada defends its claims.

Greenland remains an autonomous part of Denmark that receives billions from Copenhagen each year. Danish governments have said that Greenland's independence hinges on it becoming economically self-sufficient.

In 2010, a large oil patch was found near the Canadian border in an area previously covered by ice. Denmark has since increased its military presence in the area, with regular coast guard and air patrols.

The largest estimated Arctic oil deposit lies just east of Greenland, near Iceland. "The Danes are wondering if they can get any of this oil lying offshore," says Huebert. "They're also looking at how China's ingratiated itself with Greenland and Iceland." The Chinese government has invested in mining and oil exploration in both countries.

Others

- Norway has made a claim to an area also claimed by Russia, which includes some oil reserves.
- The United States hasn't made any territory claims. The U.S. wants the Northwest Passage to be an international trade route. It has a military base in Greenland and a large submarine fleet.
- China has invested heavily in Arctic industry projects and wants the zone to remain neutral.
- France is the only non-Arctic state with an official Arctic ambassador. French companies are exploring oil projects in the Arctic, and France runs two Arctic research bases.
- Germany says an Arctic trade route could make Europe less dependent on Russian gas.
- Finland and Sweden are not part of NATO; Huebert says they may move closer to the alliance if Russia further invades Ukraine. This would further encircle Russia and likely provoke military action.

The circle of life

A cow cleans her newborn calf on the O'Connor Ranch near Philip, S.D., last week. Rancher Chuck O'Connor brought in about 200 females to rebuild his herd, which suffered losses in an unexpected blizzard last fall. The two-day October storm, which first brought rain and then dumped up to four feet of snow in some places, killed more than 40,000 cattle, sheep and horses. With the new cows and the arrival of the spring calving season, O'Connor estimates his herd will grow to around 500 in May. TOBY BRUSSEAU/THE ASSOCIATED PRESS

Do you have an iron stomach?

Then invest in social media. Betting on trendy stocks from Twitter to Facebook is not for the faint of heart

HOW TO ROLL
Alison Griffiths
metronews.ca

The share price of Groupon, the coupon website, is plummeting. Oops, no it isn't. Wait a minute, yes it is! Groupon (GRPN) share prices dropped 75 per cent in 2012, gained 129 per cent in 2013, and have lost 26 per cent so far this year. That wild stock price ride pretty much sums up the experience of investing in social media. In a word, exciting — but not always in a good way.

Social media is one of the trickiest sectors for investors. Most measures for evaluating stocks, such as the price-to-earnings (P/E) ratio, are useless when applied to these Internet-focused companies.

And social media stocks are anything but lemming-like. In fact, at any given time there can be tremendous divergence in stock price direction with some heading north and others heading south, regardless of what's going on in the economy.

Also, the social media universe isn't just out-there tech stocks. Facebook has recently been added to the S&P 100 and 500 indices, signalling the maturing of the sector.

It can be fun to take a flyer at social media IPO's. Those who jumped into Twitter back in November saw the stock soar from the $26 US offering to over $54 US in just three months. But a safer option is to buy an entire index of social media stocks.

The Global X Social Media Index ETF (SOCL on NASDAQ) tracks the 27 stocks that make up the Solactive Social Media Index, which has recently traded in the $27 US-a-share range. All the major names are there, from Twitter and Facebook to Angie's List, Xing and Zynga.

Social media investing rules

1. Limit exposure to a small percentage of your portfolio.
2. If the loonie strengthens, it can wipe out price gains. If it falls, the reverse is true.
3. Don't double-dip by purchasing mutual funds or other ETFs that hold some of the same stocks.

Customs waiving fees for cross-border shoppers

Canada's border guards routinely waive taxes and duties on goods bought by travellers in the U.S., says a briefing note for the prime minister.

The acknowledgment supports the suspicions of retailers that the Canada Border Services Agency is too lenient with cross-border shoppers, costing the economy millions of dollars in domestic sales.

The briefing note was prepared last June 25, when a Canadian dollar was worth 95 cents American, and the Harper government was concerned about a so-called Canada-U.S. price-gap that may have been encouraging cross-border shopping.

The note says the border agency waives duties and taxes when the value is below a certain threshold, an amount blacked out in the released document.

Canadian border guards in Surrey, B.C., in 2009. THE CANADIAN PRESS FILE

"This threshold was established in consideration of the cost to CBSA of processing a traveller through the collection process," says the note, obtained by The Canadian Press under the Access to Information Act.

"Collections ... may also be waived in cases where the volume in collections would result in unacceptable border processing delays, when interdiction activities are underway, or for reasons determined by local management."

Canadians made 55 million trips to the U.S. in 2012 — 33 million of those completed on the same day — as a near-par dollar and newly raised limits on duty-free goods encouraged stateside bargain-hunting.

THE CANADIAN PRESS

LS Fashion Ltd.

Designer L'Wren Scott's company was not collapsing, PR company says

A public relations firm that focuses on the fashion and beauty industries is denying reports that fashion designer L'Wren Scott's company was on the verge of shutting down.

The 49-year-old longtime girlfriend of Rolling Stones frontman Mick Jagger was found dead in her Manhattan apartment Monday. Authorities say she committed suicide.

New York-based PR Consulting said in a statement Friday that Scott was considering restructuring her global business, LS Fashion Ltd. The firm says that while some areas of the business had not yet reached their potential, other parts were successful. It says the long-term prospects for the business were encouraging. THE ASSOCIATED PRESS

NOISY BIKE BYLAW DEBATE REVS UP

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

Saskatoon's city hall is proposing a bylaw that would curb the din of motorcycles with new methods to target excessively loud vehicles. But some say the move would set a double standard.

While the proposal is aimed at cracking down on all noisy vehicles, at question is why decibel limits between 92 and 100 would specifically apply to motorcycles. The city says it's because there are national standards and decibel testing methods for motorcycles, but not for other kinds of vehicles.

More than a dozen members of Saskatoon's 3rd Canadian Army Veteran Motorcycle Unit listened to a recent debate on the issue in council chambers.

"You're hearing sirens, you're hearing fireworks, you're hearing all kinds of other noises going on. What makes motorcycles more offensive?" asked Neil Nemeth of the unit.

"It's a city," Nemeth added. "You're going to have noise. If you want complete silence, move to an acreage."

In Regina, it goes against a noise abatement bylaw to create any ruckus between 10 p.m. and 7 a.m. — with the exception of the sounds of emergency vehicles, snow removal machines and church bells. So at 7:01 a.m. on a Sunday, apparently it's fine to be jolted from your sleep when a motorcycle is obnoxiously revved up.

It's a precedent-setting ruling in 2010 that should have others paying closer attention.

The Edmonton Police Commission passed a bylaw amendment that allows officers to issue tickets if motorcycles are louder than 92 decibels when idling. The restriction is the first of its kind in Canada, and Winnipeg has shown interest in adopting it.

After pulling over a motorcycle, an officer would be able to measure its sound with a hand-held recorder.

While lower sound levels might be good for residents in general, some motorcycle enthusiasts are less than pleased.

Motorcyclists don't like the law, and have moved a motorcycle charity run out of Edmonton and into towns without such noise bylaws.

All municipal councils owe it to their constituents to ensure their neighbourhoods are peaceful and quiet. As Regina's council works to entice more people downtown, it needs tighter restrictions on retrofitted motorbikes. And Saskatoon needs to continue its work.

Canadian mayors must then agree on a unified resolution to create a nationwide standard.

The abrupt revving of these vehicles simply demonstrates a lack of respect for those nearby who have no interest in hearing that racket.

Perhaps it's the motorcyclists themselves who should move to the acreages.

Christina Cherneskey is news director at 620-CKRM in Regina

ZOOM

Motor City's recovering

CARLOS OSORIO/THE ASSOCIATED PRESS

Efforts focused on city's youth

Javon Jones, centre, performs with other members of the Mosaic Youth Theater in Detroit. Several privately run youth organizations provide an array of extracurricular options for high school kids. Roughly 165 young people engage in Mosaic's main programs each year — most from low- and moderate-income Detroit families.

Teachers and parents are fighting to do right by the children, and many believe Detroit is finally on the rise after hitting bottom. Yet they worry about the toll of growing up amid danger, dysfunction and the blight epitomized by tens of thousands of abandoned homes.

THE ASSOCIATED PRESS

Post-bankruptcy

"This is what we're ingraining into kids' psyches — this emptiness, the lack of safety.... They're going into school with a level of fear that something bad is going to happen."

Tonya Allen, CEO of the Skillman Foundation, which backs child-oriented initiatives.

Adding it all up

88

Eighty-eight vacant school buildings are for sale — some of the 200 schools closed in recent years due to depopulation. High levels of gang violence and premature births combine to make the youth mortality rate the worst of any major U.S. city, according to a recent analysis by the Detroit News. Most of the city's 300 parks are unusable, overgrown wastelands.

Clickbait

LUKE SIMCOE
Metro Online

Twitter celebrated its eighth birthday last week by opening its vaults and letting users rediscover their first tweet. The results ranged from bland to hilarious, but taken in aggregate they illustrated how people were unsure just what Twitter was, or even how to use it, when it launched. If you haven't already, here's how you can view your first tweet, and a few other services that let you play around with your Twitter data.

CONTRIBUTED

Discover:
Discover your inaugural tweet — and everyone else's — at discover.twitter.com/first-tweet.

Tweet Cloud:
Lets you generate a word cloud of your own tweets. Just don't be surprised when "lunch" looms large in the cloud. tweetcloud.icodeforlove.com.

Tweetails:
Offers fun, free analysis of your Twitter account, including most mentioned users, favourite words and even a so-called "intelligence rating." tweetails.com.

Twitter

@metropicks tweeted:
Twitter turned eight last week. Find out what your first tweet was, share it with us and we'll print it!

@PlainSJ: Ha! I didn't even know what twitter was when I joined back in '07, but I had it pegged! "@PlainSJ: Wasting time..."

@KellyOlivePR: #FirstTweet was 5 days after moving to #Toronto! "@KellyOlivePR: @ work...and loving being in Toronto"

@MattProsser: "@MattProsser: Chillin"

@Harl3yQ: I found this #FirstTweet: @Harl3yQ: Which side of the toaster oven should the keurig go on #firstworldproblems"

@FrenchmanCanada: And @strombo replied. In English AND in French. "@FrenchmanCanada: @strombo when I moved to Canada 3yrs ago you immediately became my favorite Canadian, so my #1sttweet is for you!"

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro
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Ebooks

F This Test

By. Richard Benson

iBooks/Kindle/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

If you can't give your teacher the right answer, at least make them laugh. This collection of high school howlers compiled by Summersdale Publishers (under the pseudonym Richard Benson) captures the feel of a school workbook with doodles, lined paper, and hand-written, wisecracking answers. Most are silly, some are hilarious, and there are a few math equations that are downright clever

Box office

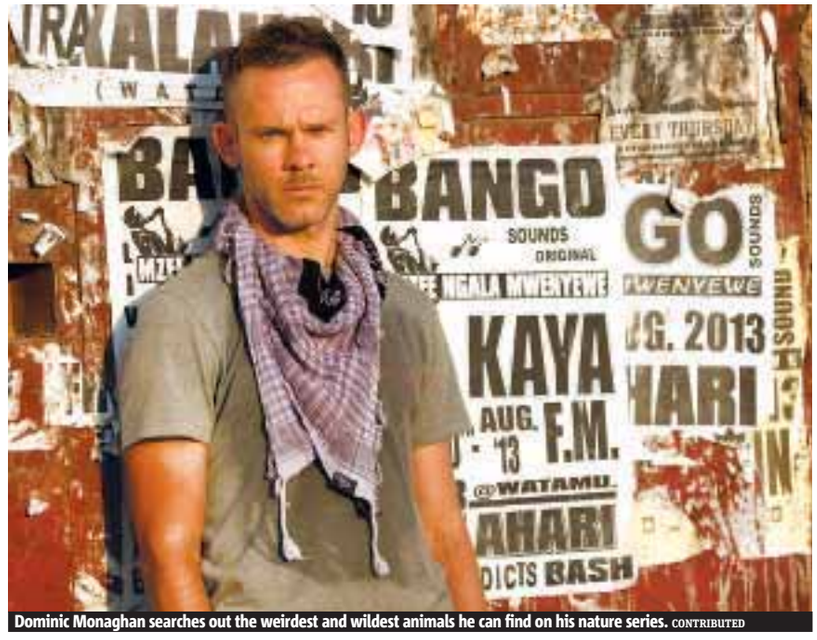
Teen sci-fi flick Divergent beats out Muppets sequel

The teen science-fiction franchise Divergent debuted with $56 million US at the weekend box office in one of the year's biggest openings, but didn't reach the heights of Lionsgate's other teen franchise, The Hunger Games, which debuted with $152.5 million in 2012. Disney's Muppets sequel Muppets Most Wanted fared poorly, earning $16.5 million over the weekend.

THE ASSOCIATED PRESS

Lost star takes danger in stride in adventure series

Born to be wild.
Dominic Monaghan has had some close calls while filming the world's most dangerous creatures



Dominic Monaghan searches out the weirdest and wildest animals he can find on his nature series. CONTRIBUTED

In the second season of Wild Things with Dominic Monaghan, it becomes abundantly clear why the show's motto is "the wilder the better." The show kicks off Tuesday with startling footage of a disoriented elephant that suddenly charges toward the show's hapless cameraman.

Monaghan says the terrifying encounter occurred after he and his crew had watched a veterinarian conduct emergency surgery on the massive beast. Moments after the doc administered an antidote to reverse the anesthetic, all hell broke loose.

"What we all assumed as a film crew was that the elephant was going to get up and give us a gentle nod in our direction and say 'Thank you,' and walk off into the African sunset," Monaghan said in a recent interview in Toronto.

"But instead it woke up and was confused and didn't know what had happened and saw a bunch of humans standing around it. And the closest person to the elephant was Frank, our cameraman — he had a big camera on his shoulder so he was very conspicuous — and the elephant tried to kill him."

Such is life in the wild.

Looking back now, it's clear Monaghan and even his seasoned Kenyan guides underestimated the peril they were in.

As everyone made a beeline for the cars, Monaghan says he and his crew were too late.

"They just drove off. They left us," he says, able to make light of the situation now.

"When (Frank) saw the cars drive off he was like, 'Oh no,' and then his balance went and then he fell over. But it worked for me because I thought, 'Well, if Frank fell over that means that I'll be OK because he's much slower than I am.'"

Luckily, their medic jumped in to distract the elephant, which eventually lost interest and wandered off. No one was hurt, says Monaghan.

The elephant tale isn't even the focus of the Season 2 premiere, which begins with Monaghan intent on finding the aggressive giant spitting cobra.

Other episodes see The Lord of the Rings actor head to Brazil, Zambia, Thailand, Japan, New Zealand and Australia to get a good look at creatures including carnivorous ghost bats, the world's longest-fanged snake and a deep sea creature considered one of the ocean's most poisonous predators.

And there are more dicey encounters. Monaghan says he needed nearly 40 stitches in his arm for another animal run-in that will be revealed in later episodes.

Nevertheless, Monaghan says he and his crew are extremely careful. A medic travels with them and carries anti-venom and other treatments, and they always know where the closest hospital is — although sometimes it can be a day away, Monaghan admits.

"We're as safe as we can be. In a show and a world that can sometimes be dangerous." THE CANADIAN PRESS

When to watch

- Season 2 of Wild Things with Dominic Monaghan airs Tuesday on OLN.

Music purist Young's Pono system hit some sour notes along the way

High (cost) fidelity. Rocker's quest to bring 'vinyl-quality sound' to MP3 masses may face uphill battle to succeed

Say what you will about Neil Young: he's blunt, he's mercurial, he doesn't "realize that there are other people involved in this world," as Graham Nash puts it in his recent autobiography.

But there's one adjective you couldn't imagine applying to him, at least not until he made his session at SXSW for his portable, high-fidelity music system, Pono: pitchman. As Torstar News Service observed from Austin, Young is on a quest to "bring vinyl-quality sound to a generation of music consumers accustomed to listening to thin MP3 files through laptop speakers and earbuds 'that look like lozenges.'"

For music lovers — especially music lovers of a certain age — it's a tantalizing promise: a chance to hear music like it used to sound, before those kids with their MP3s and iPhones and their insistence that music consumption be, above all else, convenient got their hands on it.

But watching the livestream of Young's extended infomercial, we began to get a sinking feeling, and here's why.

SXSW pitch

- In a roundabout way, Neil Young conceded to an audience at this year's SXSW that the Pono and its accompanying iTunes-esque delivery service might be strictly for the serious audiophile.
- But he touched a definite nerve with the crowd when he lamented that the rise of the MP3 and the one-off digital single had done irreparable damage to rock 'n' roll's veneration of the album as a sacred form.
- With Pono, he promised, "you get to feel not just what the artist intended you to feel" and — if the original recordings warrant it — it'll make your car or your headphones "sound like God."
- Young also managed to rally a list of rock royals that included Bruce Springsteen, Jack White, Dave Grohl, Arcade Fire, Duane Eddy and many others to provide a web video testimony of the system's power in a reel that ran midway through his SXSW session.

1. The product is aimed at out-of-home listening. If we want vinyl-quality sound in our living room, we'll just play records. A decent turntable is relatively inexpensive, and — if you live in a city that's blessed with an abundance of used-record shops — you can still (as we did recently) stumble upon an original copy of Young's Harvest, complete with lyric sheet and grainy cover, for eight bucks. No portable format can beat that. And we don't know about you, but our car isn't equipped with the kind of speakers that can distinguish between 44.1 kHz/16 bit CD quality and 192/24 ultra-high resolution, especially when we're sitting amid the roar of rush hour traffic.

2. The players aren't cheap. Once they hit stores, provisionally this fall, they'll sell for $399, and that doesn't include a pair of headphones decent enough to take advantage of the high-fidelity sound.

3. The music won't be cheap. Albums will be $14.99 to $24.99, according to the FAQ at ponomusic.com. The price for single songs hasn't been set. Neither, apparently, has the cut Pono will take on music sales. Apple, for instance, gets 30 per cent off the top. At SXSW, that question was met with a response from CEO John Hamm (no, not that one) that was so evasive, even Young conceded he didn't provide an answer. And, as a couple of audience members at SXSW noted, a lot of us already own some music on record, cassette, CD and MP3. We don't want to buy it again.

PONOMUSIC.COM

4. You can already buy the music in the same format and quality that the Pono music store will be selling in October. As the SXSW presentation made explicit, Pono is not a new format. It plays FLAC (Free Lossless Audio Codec) files. Sites with extensive repertoires, such as hdtracks.com, already sell albums and tracks in the high and ultra-high resolution FLAC format. To be fair, Pono is using a unique digital filter; we'll have to wait until the fall to hear how much better it might sound.

5. Hippie values aside, part of us wishes that Young's system was aimed more at communal listening. The pitch video focused on listening to Pono in your car, and Young also mentioned headphones, but both of those scenarios feel like an extension of Shuhei Hosokawa's famous The Walkman Effect. In other words, they encourage "self-enclosure." If you really long to go back to the way music used to be consumed, you might empathize with Jacques Attali's words in Noise: The Political Economy of Music. He calls music "a tool for the creation or consolidation of a community...." Pono doesn't really seem like it's built for that. Mind you, fans who have bought every piece of music Young has released have learned that his intentions aren't always plain on first listen. If Pono proves popular enough — and the fact that its Kickstarter campaign raised $2 million in one day is a promising sign — it could spark Apple into making its players, phones and tablets FLAC-compatible. That would be a win for everybody. And that we do get.

TORSTAR NEWS SERVICE

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997,* Notice is hereby given that ISIS Salon and Day Spa Ltd. has applied to the Liquor and Gaming Authority for a Special Use - Salon/Spa Permit to sell alcohol in the premises known as ISIS Salon and Day Spa at 316 University Park Drive, Regina, SK of which the following is a correct legal description:

Block: K
Plan: 37R66186
316 University Park Drive,
Regina, SK

Written objections for the granting of the permit may be filed with SLGA not more than two weeks for the date of the publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina, SK S4P 3M3

David Bradley doesn't mind playing the villain

David Bradley GETTY IMAGES

Nice day for a red wedding. Actor moves on from killing kings to vampires in new series

Even in Toronto, British actor David Bradley gets accosted for being the world's worst wedding host in Game of Thrones.

Bradley plays Lord Walder Frey in the HBO fantasy series. At the end of Season 3, he infamously had his guests, members of the Stark clan, slain. The new season starts April 6.

"I was shooting a scene in the Toronto subway recently and one of the extras came up to me and said, 'I'd like to thank you for what you did to the Starks,' " says Bradley with a smile. "It's the first time I've had a positive reaction. Normally people are at their TV hurling abuse at me. But I must confess, I really did enjoy that scene. Maybe a little too much."

The actor was in Toronto last week filming one of the most anticipated new TV shows of the season, Guillermo del Toro's The Strain. The vampire series is based on the books and comics created by the director.

Bradley plays professor Abraham Setrakian, a Holocaust survivor who runs a pawnshop in Harlem. He also happens to be a vampire hunter trying to save the world from the outbreak of a deadly virus.

And while you would have thought from his Game of Thrones experience that he wouldn't have trouble decapitating foes, the 71-year-old actor says it's harder than it looks.

"It's quite a complicated process beheading someone. There's all that animatronics and so on," he says. "And the special effects are really something. You'll have a decapitated head with a blinking eye in a corner or something. It can be quite disconcerting."

The show was filming the 10th of 13 episodes last week. It is expected to wrap by the end of April, with a release date later this summer.

TORSTAR NEWS SERVICE

George Michael ALL PHOTOS GETTY IMAGES

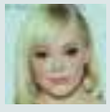
Straight talk from George: He's really not just holding out for the right woman

More than 15 years after coming out of the closet, George Michael admits that he had a particularly rough go of it following his revelation.

"For some strange reason, my gay life didn't get easier when I came out. Quite the opposite happened, really," he tells the BBC. "The press seemed to take some delight that I previously had a 'straight audience' and set about trying to destroy that. And I think some men were frustrated that their girlfriends wouldn't let go of the idea that George Michael just hadn't found the 'right girl.'"

They weren't alone, apparently, as the 50-year-old singer says "a lot of my extended family" still thinks he's holding out for the right woman.

Twitter



@rose-mcgowan

"I wish there was a drive thru salad bar" overheard awesomeness. LA nights

@lena-dunham

In my heart it's socially acceptable to politely ask "'scuse me sir, is that your wife or your daughter?"

@Steve-MartinToGo

Temperature fluctuating wildly between 80 and 81 requires constant maintenance of ice cubes in tea. Tiresome.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Where does Gaga draw the line? At Katy comparisons

STARGAZING
Malene Arpe
scene@metronews.ca

Lady Gaga says she and Katy Perry "couldn't be more different." It's true. While they are both female superstar pop singers in their late 20s with a penchant for outrageous costumes, Gaga likes M&M's while Katy prefers Peanut M&M's.

Matthew McConaughey is reportedly not interested in repeating his role in the sequel to Magic Mike. Which proves the old trouser truth, "Get a fancy-pants Oscar, lose the chaps."

Jennifer Hudson quit her role as Weight Watchers ambassador. A job as high commissioner to the Exalted Republic of Nutrisystem suddenly became available.

According to Shakira, after she said in an interview that her boyfriend will not let her make music videos with men, he said to her, "Can you please shut your little mouth next time you're doing interviews — because you're making me sound terrible." Stay where you are, Shakira. We're sending the deprogramming unit for you now.

Bachelor participant Clare Crawley thinks being discarded by Juan Pablo was "a blessing in disguise." Sure, if the disguise is made of clear plastic.

Scientists revive a bit of moss that had been buried under ice for 1,500 years, making it the oldest living plant in the world. "Damn you," says Larry King.

Having previously demanded that M.I.A. pay a $1.5-million US fine for giving the finger at the Superbowl two years ago, the NFL now wants an additional $15.1 million in restitution. In less insane news, MIT researchers conclude that Avril Lavigne is the most famous Canadian of all time.

Simon Cowell reportedly paid $1.2 million for a jaguar. Seeing as we're talking about Simon Cowell, it's anyone's guess whether it's a car or a big, dangerous cat.

Selena Gomez

Taylor wishes Selena and Justin never ever got back together

Selena Gomez's reunion with Justin Bieber may have cost her a best friend, as Taylor Swift is reportedly drawing the line when it comes to the troubled Canadian pop star, according to Radar Online.

"Taylor may not have the best reputation with her dating life, but at least she doesn't keep going back to the same loser over and over again like Selena does," a source says.

"Taylor loves Selena and they get along super-well, but it's hard for her to watch her best friend keep going back to Justin when she knows it's the worst thing for her. She feels like maybe Selena needs tough love. She thinks Justin is disgusting and has basically told Selena she can't support their relationship and if she gets back with him their friendship will probably never be the same."

Darn that Internet! Even Pamela haunted by online sex videos

Pamela Anderson

Thanks to that pesky Internet, Pamela Anderson never got to have "the talk" with her teenage sons about her infamous sex tape with their dad, Tommy Lee. "I don't know if they've seen it, but they know about it," she tells Elle magazine about 17-year-old Brandon and 16-year-old Dylan. "They know about everything. Stupid Internet. I don't know why everyone is so impressed with it."

LIFE 3

Trip coverage: That's the ticket

Medical travel insurance. When just one slip can be costly, plan is only way to go

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

My daughter told me she might be going on a trip with a girlfriend, whom we'll call Lily. When Alex told Lily that she'd want to be back by a particular date, Lily asked why. Alex said that her travel medical plan wouldn't cover her for longer than a 60-day trip. Lily announced that she never travels with medical insurance coverage.

I sighed. A lot of people don't. They're under the impression that if something bad happens to them while they're gallivanting around the world, they'll be covered by Canada's very generous health coverage.

No one expects to fall ill when travelling, though it happens all the time. Most things are quickly resolved. The bigger things come with hefty price tags and that's when we hear the story in the news. There's the story of the man who suffered a fall in Michigan and racked up $168,000 in medical bills. Or the couple who were in a car accident resulting in $325,000 in medical costs.

So do you have an extra $100K sitting around to take care of medical bills you might incur while travelling? Since provincial plans pay only a few hundred dollars a day for hospital coverage, you'd better. Or you could simply fork over some money for travel medical coverage. Would you rather spend $60 to $300 now (depending on the length of your coverage) or pony up hundreds of thousands of dollars later?

Don't bury your head in the sand; buying travel medical insurance is the smart thing to do. ISTOCK

Even if you're heading to the U.S. for a day trip, insurance is a must-have. Your best bet if you cross the border frequently is to buy a plan that covers you for multiple trips. Coverage is usually provided for 12, 30 or 60 days with no limits on the number of trips in a 12-month period, so they're perfect for cross-border shoppers, business travellers or people who leave Canada more than once a year. Planning to be on the road more than 60 days? Single-trip plans can cover you for up to 183 days, perfect for those with a home away from home.

Some credit cards provide travel medical coverage. If you're a frequent traveller, the annual credit card fee is offset by the savings in not having to buy travel insurance privately. Keep in mind there may be specific restrictions.

Some people have travel medical coverage through their group benefits at work. Know what you're entitled to and whether you must put out the money and be reimbursed or can ask for direct billing to your insurance provider. And don't leave home without the telephone numbers and paperwork you will need if you do end up seeking medical treatment.

Even if you're leaving one province in Canada to travel to another, you should consider medical travel insurance. A victim of a polar bear attack got stuck with a $13,000 bill for an air ambulance to Winnipeg because she didn't have out-of-province coverage.

As for people who choose to visit you in Canada from another country, they aren't covered under our medical system. You'd best ensure you've got coverage for visitors in place if they are among the many who choose to travel without buying their own travel medical insurance.

Shopping for coverage

Make sure when you buy your insurance that you correctly answer all those questions you're asked. Screw up even a little and you could find your claim denied. Here are some questions you might want to ask as you shop for coverage:

- **How long does the coverage last?** If the trip is extended, can you extend the coverage?
- **Are there restrictions or limitations on the policy?** (Think limitations due to substance abuse or restrictions on activities like sports.)
- **Are pre-existing conditions covered?**
- **What is your maximum coverage and what are the deductibles or copayments that would apply to a claim?**
- **Are certain countries/locations not covered?**

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METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

What can I claim for our new baby, and can I claim my spouse as a dependant?

Q I had a baby this year. What can we claim?

A Congratulations. You should receive $100 per month from the Universal Child Care Benefit. This is income and must be reported by the lower-income spouse. You can claim the child amount for the entire year no matter when your baby was born which means $338 in tax savings. Childcare expenses are the other big benefit for parents, although you might not need daycare yet. To keep receiving the monthly Canada Child Tax Benefit, you and your spouse must both file a return. The benefit is calculated based on the most recent tax year. Fail to file and the cheques will stop.

Q My spouse did not work in 2013. Can I claim him as a dependant?

A Yes, you can claim the $11,038 spousal amount if he had no income for the year. If your spouse earned some income last year, you need to deduct this amount from the spousal credit. For example, if your spouse earned $3,500, you would be able to claim $7,538 ($11,038 - $3,500) for the spousal credit. Even though your spouse had no income, he or she should still file a return to make sure you still keep getting all your benefits.

Visit *hrblock.ca* for a location near you

Meatballs: The next generation

Spaghetti and Cheese Stuffed Meatballs. You've heard of stuffed crust pizza. Now, stuff your pasta entrée with ooey gooey mozza

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Meatballs
- 1 lb extra lean ground beef
- 1/4 cup seasoned dry bread crumbs
- 1/4 cup finely chopped green onions
- 1/4 cup barbecue sauce
- 1 egg
- 2 tsp finely chopped garlic
- 1 tsp dried basil
- 3/4 cup part-skim mozzarella cheese cut into 12 small cubes

Sauce and Pasta
- 3 cups tomato sauce
- 1/2 lb whole wheat spaghetti noodles

Garnish
- 1/4 cup grated Parmesan cheese
- 3 tbsp chopped fresh basil

This recipe serves four. ROSE REISMAN

Everyone loves the classic spaghetti and meatballs. But traditionally, this is not the healthiest meal you can enjoy. Usually a larger-than-necessary portion of pasta is served and fatty beef makes up the meatballs.

Here's a twist using mozzarella-stuffed meatballs, lower-fat ground beef and whole wheat spaghetti.

Watch your guests' reaction when they discover the creamy cheese hidden in the meatballs.

The meatballs can be baked in advance and frozen for up to two months.

When buying ground beef, there is a large difference between extra-lean and regular. A four-ounce portion of extra-lean has 193 calories and seven grams of fat versus the regular ground, which has 300 calories and 20 grams of fat.

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil lightly coated with cooking spray.

2. To make the meatballs: Combine the ground beef, bread crumbs, green onions, barbecue sauce, egg, garlic and basil. Form into 12 round meatballs. Press a cube of cheese in the middle and seal. Place on the baking sheet and bake for about 12 minutes, turning halfway through the cooking time.

3. Meanwhile, place the tomato sauce in a large saucepan and add the cooked meatballs. Bring to a boil over medium-high heat, reduce the heat and simmer, covered, for about 5 minutes, stirring occasionally.

4. Meanwhile, bring a large pot of water to a boil. Add the spaghetti and cook according to the package directions. Drain and serve immediately, with the meatballs and sauce spooned over the spaghetti. Garnish with Parmesan and basil. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

The world takes a walk in his shoes

Captain of canvas. The Toms brand continues to expand with Blake Mycoskie at the helm

ANDREA PARK
Metro World News

Just seven years ago, Blake Mycoskie was selling Toms shoes out of his apartment. "It seems like forever to me," he cracks. But since then, the canvas shoes have become ubiquitous, and Toms has turned into a global brand not just for shoes, but also for eyewear. Now, Mycoskie has launched Toms coffee.

The company is known for its one-for-one concept: Buy one pair of shoes and Toms will give a pair to a person in need. Toms coffee will also have a charitable bent: Every bag of beans gets someone one week (140 litres) of clean water in Guatemala, Honduras, Malawi, Peru and Rwanda — the same countries that house the coffee plantations.

"The idea that businesses have a greater responsibility to the community and human rights and the environment is much more talked about today than when I was doing this seven years ago," says Toms founder Blake Mycoskie. CONTRIBUTED

Mycoskie hopes to turn the coffee trade upside down and have Toms coffee shops all over the U.S.; he's already opened one in Los Angeles and plans to roll out more around the country later this year, including in New York City this summer. But he also aims to launch a new product every year, hoping to become, as he puts it, the Richard Branson of socially responsible products.

Little money? No problem

"It takes time to raise money or prove your concept and generate revenue and profits. It's not for the faint of heart."
Blake Mycoskie

Mycoskie, 37, gave us his top tips for young entrepreneurs hoping to break out with the next big startup.

Keep it simple

Mycoskie says it's important not to be in a rush: Don't be so overly ambitious that you miss the big picture. "Don't be afraid to be small for as long as you need to be small," he says. "When you're doing a startup, so many of them have this pressure where they feel the need to be so big and have so much revenue and raise money so fast."

Instead, Mycoskie says, young entrepreneurs should hold their horses and let their businesses blossom. "There's a gestation period during which it needs to organically come into the market," he explains. He says his initial goal was just to sell 250 pairs of Toms shoes every six months: "We ended up doing a lot more than that, but had we set out with a big, ambitious goal, I don't know if we'd have the success that we had."

Don't choose entrepreneurship as a career

Mycoskie says it's a big mistake to get caught up on the idea of entrepreneurship as a career. "If you're at university saying, 'I'm going to be an entrepreneur,' and you don't know what you're going to start — that's scary," he says. "Find your passion about changing or doing something where the only way you can do that is to start a business." Have a clear purpose in mind before you venture out into the scary world of startups.

Get ready to be poor

If you want to forgo the big corporate job to start your own business, get ready for a big drop in salary. "It takes time to raise money or prove your concept and generate revenue and profits," says Mycoskie. "It's not for the faint of heart." Case in point: Toms lost money for the first three years after it opened. Mycoskie was the one who got hit the hardest by the loss because he was the only financial backer.

Be socially responsible

Mycoskie says the Toms concept of one-for-one wasn't just good for the beneficiaries — it was good for business. "The more I focused on our meaning and purpose, the more I found our customers connected with it, my employees were more engaged, and our vendors wanted to work with us because they were excited about our idea," he says. He says it may be more difficult to make a quick buck, but ultimately customers care about the way you operate your business.

Wheat Kings forward Tim McGauley handles the puck on a power-play opportunity against the Regina Pats on Sunday night at the Brandt Centre. MARCO VIGLIOTTI/METRO

Pats lose grasp of series with Brandon

WHL. Regina starts playoffs 0-2 at Brandt Centre, giving Wheat Kings chance to take stranglehold of Round 1

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Regina Pats will head east to Brandon this week looking to dig themselves out of a daunting, potentially season-ending hole.

Unable to gain traction after falling behind early once again, the Pats fell 8-4 to the Brandon Wheat Kings Sunday night at the Brandt Centre in Game 2 of the teams' best-of-seven Western Hockey League first-round playoff series.

Now trailing their lower-ranked southwestern Manitoba rivals 0-2, the Pats will need to win at least once at the Keystone Centre just to bring the series back to Regina.

Otherwise, the highly touted, No. 2-seed Pats will be see their much-hyped playoff drive end prematurely.

Much like Saturday's night Game 1, the Pats fell into a deep hole early and were unable to recover against a feisty, speedy Wheat Kings squad.

Down 4-1 in the second, Pats forward Morgan Klimchuk gave a raucous crowd at the Brandt Centre renewed life with an end-to-end shorthanded drive to cut the deficit to two.

Once again, though, penalties would be the Pats' undoing. The Wheat Kings would capitalize on a questionable five-on-three power play shortly after Klimchuk's marker to regain the three-goal lead.

Game 3 goes Wednesday night in Brandon.

NHL

Devils pounce on wounded Leafs

Rookie defenceman Jon Merrill set up a second-period breakaway goal by Patrik Elias and scored 32 seconds later to lead the New Jersey Devils to a much-needed 3-2 win over Toronto on Sunday night, sending the struggling Maple Leafs to their fifth straight loss.

The skid ties Toronto's longest of the season and it could not have come at a worse time with nine games left in the regular season. THE ASSOCIATED PRESS

NASCAR

Busch whacks competition in Cali

With tires and tempers blowing up all over the track for 400 crazy miles, Kyle Busch stayed calm and relied on his remarkable knack for big finishes in Fontana, Calif.

Busch won on the two-mile oval for the second straight year Sunday, holding off Kyle Larson, Tony Stewart and his older brother Kurt on a frantic two-lap sprint to the finish.

THE ASSOCIATED PRESS

Kyle Busch celebrates his win at Auto Club Speedway on Sunday in Fontana, Calif. GETTY IMAGES

Homan human after all

Switzerland's Binia Feltscher claimed the Ford Women's World Curling Championship with a 9-5 win over Canada's Rachel Homan on Sunday.

It's the second women's world title for Switzerland in three years.

"I can't speak," Feltscher said. "I don't know, maybe I can say something tomorrow. Today I have no words. No words."

Feltscher's victory follows Mirjam Ott's win in Lethbridge, Alta., in 2012. Feltscher won an Olympic silver medal in 2006 playing third for Ott.

Canada led 5-3 after seven ends, but a devastating eighth cost Homan. The Swiss scored three points on Canadian mistakes and Homan couldn't recover.

More errors in the ninth forced Homan into a low percentage angle raise double takeout with her final throw. The Canadian skip missed and gave up a steal of three at Harbour Station in Saint John.

It was a deflating end for Homan, third Emma Miskew, second Alison Kreviazuk and lead Lisa Weagle because their record was 11-1 going into the final.

"We're obviously disappointed, but we still won a silver medal," Homan said. "The crowd did an unbelievable job today. We'll be back for more."

Homan missed her last shot of the semifinal in Riga, Latvia, last year. She gave up a steal and the win to eventual champion Eve Muirhead of Scotland. THE CANADIAN PRESS

Canada's Lisa Weagle, skip Rachel Homan and Alison Kreviazuk, front left to right, move a rock in the house as Switzerland's Irene Schori, back left, and skip Binia Feltscher look on in the gold-medal match at the Ford World Women's Curling Championship in Saint John, N.B., Sunday. ANDREW VAUGHAN/THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
If you need assistance over the next few days, you must ask for it. There is nothing heroic about keeping your pain to yourself. Why suffer when friends and family are ready and willing to help you?

♉ Taurus
April 21 - May 21
The omens are good now, so why do you think something bad is about to happen? Realize that if you think like that you increase the chances that it will happen that way.

♊ Gemini
May 22 - June 21
Cosmic activity in the area of your chart that influences friendships means you must not stay at home. Get out and meet people. They certainly want to meet you.

♋ Cancer
June 22 - July 23
You'll be able to twist people around your little finger today. Is it right to use your talents in this way? Of course it is. All is fair in love, war and getting ahead in your career.

♌ Leo
July 24 - Aug. 23
Don't let anyone restrict your freedoms. You need to let those who would like to take away your right to think and speak for yourself that you are not having it, that you will fight them all the way. And you must mean it.

♍ Virgo
Aug. 24 - Sept. 23
If you let fear get the better of you today, you could miss out on something that would have been a lot of fun — and might even have made you money. You have nothing to be anxious about, so take risks.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in your opposite sign of Aries is trying to warn that where your feelings are concerned, you could be easily misled. Others may try to manipulate you but don't make it easy for them.

♏ Scorpio
Oct. 24 - Nov. 22
Don't be afraid to take risks on the work front this week. The planets indicate you need to be more adventurous where your methods and routines are concerned. Just be careful you don't overdo it.

♐ Sagittarius
Nov. 23 - Dec. 21
You will see someone you thought of as a rival in a new light today. They are in fact one of the best friends you've got. Like all best friends, they may sometimes tell you things you don't want to hear.

♑ Capricorn
Dec. 22 - Jan. 20
Creatively and romantically the sky is the limit this week and with travel plans well starred, be on the move. Don't let duties hold you back. You are entitled time for yourself.

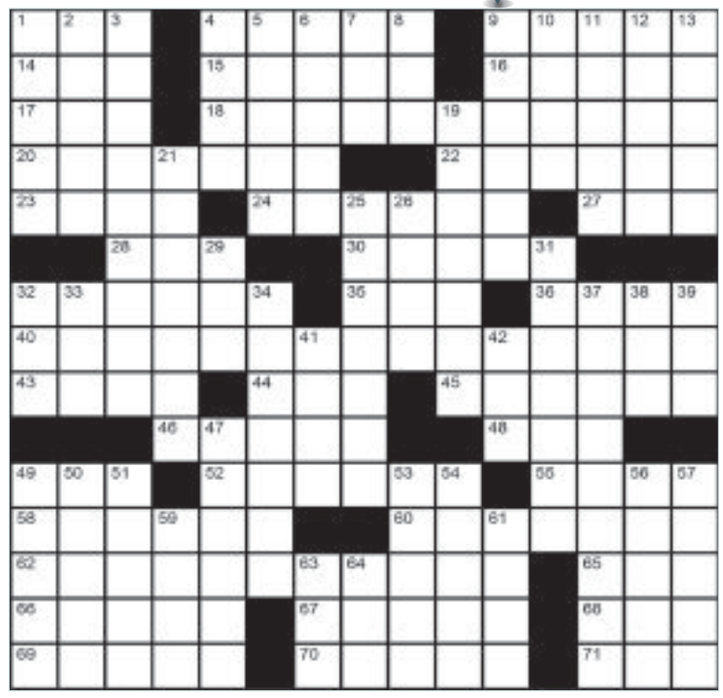
♒ Aquarius
Jan. 21 - Feb. 19
Let a friend who is feeling down know you are there for them. Your words could be all it takes to get them smiling. One small act of kindness could have a knock-on effect that transforms their life!

♓ Pisces
Feb. 20 - March 20
You will most likely make small gains over the next few days, which are then cancelled out by a number of small losses. Overall you won't be out of pocket, so take the rough with the smooth. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

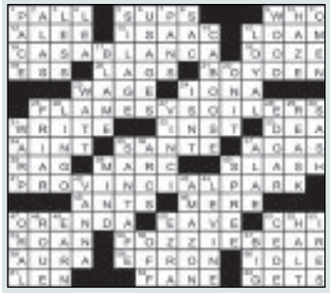
BY KELLY ANN BUCHANAN



Across
1. American flight watchdog org.
4. "The Voice" coach
9. "__ __ I may, I can't..."
14. Whethers
15. Lady Gaga's "The Edge of __"
16. Hour: French
17. __ up (Absorb)
18. Kitchener-born trailblazer of hockey analysis who is a Member of the Order of Canada: 2 wds.
20. Montreal-based carrier, Air __
22. Tea type
23. Follower of 'Que' twice, in song
24. "The Graham __ Show", on BBC Canada
27. Scot's 'No'
28. Paraguay/Brazil border river
30. Singer Clay
32. Anxieties
35. Pierre's 'here'
36. Apartment features, in ads [acronym]
40. Toronto's whereabouts: 2 wds.
43. Church part
44. Poke fun
45. Boulangerie offering
46. Artwork like the original, informally
48. Emerald
49. "Oy __!"
52. Looked at
55. Li'l times
58. Food Network Canada show hosted by #19-Down, "Everyday __"
60. Canadian filmmaker Ivan
62. 'Nova Scotia' is Latin for what?: 2 wds.
65. Fam. member
66. Goodie
67. France: Oise tributary
68. __ boost
69. Old Roman roads
70. Breaks-not the rules
71. Putrefaction

Down
1. Scrapper's weapons
2. Previously, in ye olden days
3. Spring vegetable
4. Friends of 'eewws'
5. "Show Your Teeth": Vancouver singer/songwriter, Jasper __ Yip
6. __ __ books (Do-it-yourselfer's fave reads)
7. "__, _ don't know." (Unsure reply)
8. Deli bread
9. Soulmate: 2 wds.
10. Fishing rod part
11. "Stairway": Vancouver band, __ Blonde
12. Sporting facility
13. Mr. Savard, Montreal-born hockey great
19. Roger __ (Celebrity chef, a Judge on "Chopped Canada")
21. Cat-with-headphones-logo early music site
25. Sky surprise
26. Drummer Mr. Torres
29. Sports fig.
31. Least unkempt
32. Cool __ _ cucumber
33. Alphabetic trio
34. 1973 Al Pacino movie
37. What Quebec's motto 'Je me souviens' means: 2 wds.
38. Optima car maker
39. Old French coin
41. Juste pour __ (Montreal festival)
42. Identify
47. Forces from property
49. Twenty, in Rome
50. Strain
51. "That's awesome!"
53. Clear
54. Halifax-born musician Mr. Doherty (b.1940 - d.2007)
56. Ship's load
57. Snob
59. Bygone sovereign
61. Mid-month times
63. Universal ideal
64. Women's __ ('70s movement)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	8	7	9	4	2	1	5	3
1	3	2	8	5	6	4	7	9
9	4	5	3	1	7	8	2	6
2	1	3	6	7	4	5	9	8
4	5	9	2	8	1	3	6	7
8	7	6	5	3	9	2	4	1
7	2	4	1	6	8	9	3	5
5	6	1	4	9	3	7	8	2
3	9	8	7	2	5	6	1	4

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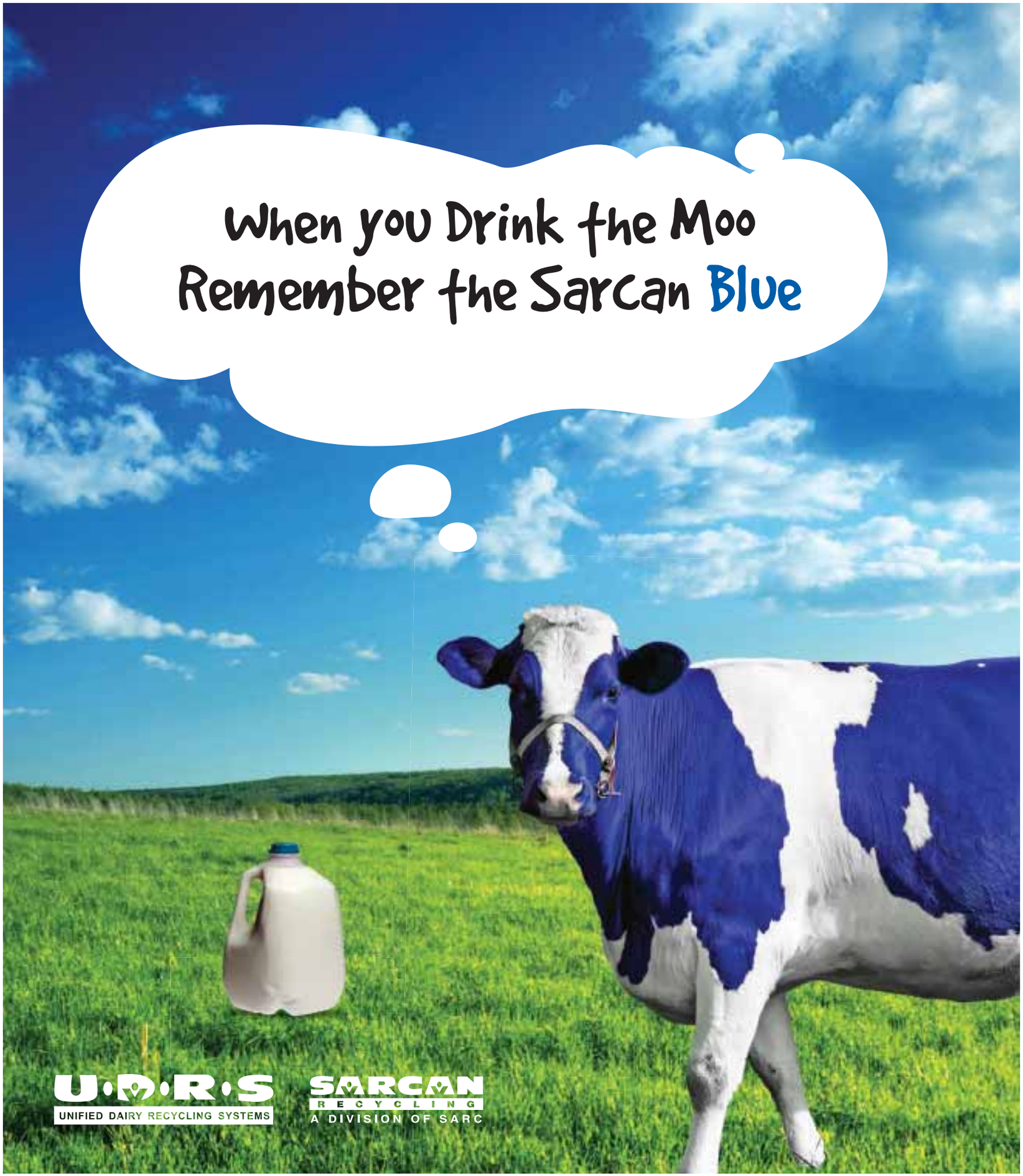
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